

S.T.A.R. Zoom/Hybrid Group Schedule for 5/03 to 5/07

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:53 am	<p>Morning Check-In *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p> <p>Get Out & Live *Hybrid* at STAR West Meeting ID: 475-301-8385 Password: Star2</p>	<p>Morning Check-In *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p>	<p>Morning Check-In *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p> <p>Music Jam *Hybrid* at STAR Central Meeting ID: 931-352-1206 Password: central</p>	<p>Morning Check-In *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p> <p>Morning Check-In *Hybrid* at STAR West Meeting ID: 475-301-8385 Password: Star2</p> <p>Plant Group *Hybrid* at STAR Central Meeting ID: 931-352-1206 Password: central</p>	<p>Open Discussion *Hybrid* at STAR West Meeting ID: 475-301-8385 Password: Star2</p>
9:00-9:53 am	<p>Dealing with Depression *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p> <p>Positive Affirmations *Hybrid* at STAR West Meeting ID: 249-162-3088 Password: Star2</p>	<p>Your "Inner Critic" *Hybrid* at STAR West Meeting ID: 249-162-3088 Password: Star2</p>	<p>Chakras *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p> <p>Communication & Reading Skills *Hybrid* at STAR West Meeting ID: 249-162-3088 Password: Star2</p>	<p>Recovery Pathways *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p>	<p>☆ No Group ☆</p>
9:45-10:45 am	<p>Coping Skills with Jeff Meeting ID: 927-001-111 Password: coping</p>	<p>Mindful Eating with Chelsea Meeting ID: 698-863-3795 Password: StarEast</p>	<p>Coping Skills with Jeff Meeting ID: 927-001-111 Password: coping</p>	<p>☆ No Group ☆</p>	<p>Coping Skills with Jeff Meeting ID: 927-001-111 Password: coping</p>

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:00-10:53 am	<p>Coping with Anxiety *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p> <p>Simple Stretching *Hybrid* at STAR West Meeting ID: 568-786-5229 Password: Star2</p> <p>Time Management *Hybrid* at STAR West Meeting ID: 475-301-8385 Password: Star2</p> <p>Fear in a Hat *Hybrid* at STAR Central Meeting ID: 931-352-1206 Password: central</p>	<p>Art Appreciation *Hybrid* at STAR West Meeting ID: 568-786-5229 Password: Star2</p> <p>Spirituality *Hybrid* at STAR Central Meeting ID: 931-352-1206 Password: central</p>	<p>Boundaries *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p> <p>Self-Love *Hybrid* at STAR Central Meeting ID: 931-352-1206 Password: central</p>	<p>Self-Care *Hybrid* at STAR West Meeting ID: 327-122-9798 Password: Star2</p> <p>The Power of No/Yes & How to Use Them *Hybrid* at STAR West Meeting ID: 475-301-8385 Password: Star2</p>	<p>Spirituality *Hybrid* at STAR West Meeting ID: 568-786-5229 Password: Star2</p> <p>Love to Laugh *Hybrid* at STAR West Meeting ID: 475-301-8385 Password: Star2</p> <p>11:00 am Let's Cook with Chef Matt Meeting ID: 574 594 6640 Password: LetsCook1</p>
12:00-12:53 pm	<p>Music Appreciation *Hybrid* at STAR Central Meeting ID: 931-352-1206 Password: central</p>	<p>Building Confidence *Hybrid* at STAR Central Meeting ID: 931-352-1206 Password: central</p>	<p>Don't Sweat the Small Stuff *Hybrid* at STAR Central Meeting ID: 931-352-1206 Password: central</p>	<p>☆ No Group ☆</p>	<p>Music Appreciation *Hybrid* at STAR Central Meeting ID: 931-352-1206 Password: central</p>

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday
1:00-1:53 pm	<p>Anger Management *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p> <p>Restoring Wholeness *Hybrid* at STAR West Meeting ID: 568-786-5229 Password: Star2</p> <p>Getting to Know You *Hybrid* at STAR West Meeting ID: 475-301-8385 Password: Star2</p> <p>Short Stories *Hybrid* at STAR Central Meeting ID: 931-352-1206 Password: central</p>	<p>8 Dimensions of Wellness *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p> <p>Into the Moment *Hybrid* at STAR West Meeting ID: 568-786-5229 Password: Star2</p> <p>Habits *Hybrid* at STAR West Meeting ID: 475-301-8385 Password: Star2</p>	<p>Coping with Depression *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p> <p>Art in Response *Hybrid* at STAR West Meeting ID: 568-786-5229 Password: Star2</p> <p>Music & Movement *Hybrid* at STAR West Meeting ID: 475-301-8385 Password: Star2</p> <p>Making and Keeping Friends *Hybrid* at STAR Central Meeting ID: 931-352-1206 Password: central</p>	<p>Poetry *Hybrid* at STAR West Meeting ID: 475-301-8385 Password: Star2</p>	<p>Get Out & Live *Hybrid* at STAR West Meeting ID: 475-301-8385 Password: Star2</p>
1:15-2:15 pm	<p>Whole Health with Jeff Meeting ID: 963 4519 4118 Password: whole</p>	<p>Whole Health with Jeff Meeting ID: 963 4519 4118 Password: whole</p>	<p>Whole Health with Jeff Meeting ID: 963 4519 4118 Password: whole</p>	<p>Whole Health with Jeff Meeting ID: 963 4519 4118 Password: whole</p>	<p>1:00 pm *CEO CHAT* with Suzanne Meeting ID: 862 5332 5716 Password: 380301</p>

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday
2:00-2:53 pm	<p>Combating Negative Self-Talk *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p>	<p>Coping Skills *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p> <p>Forgiveness *Hybrid* at STAR West Meeting ID: 329-993-7166 Password: Star2</p> <p>Recovery Sticks *Hybrid* at STAR Central Meeting ID: 931-352-1206 Password: central</p>	<p>Managing Anxiety *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p> <p>Stopping the Habit of Self-Sabotage *Hybrid* at STAR West Meeting ID: 675-107-7506 Password: Star2</p> <p>Fear in a Hat *Hybrid* at STAR Central Meeting ID: 931-352-1206 Password: central</p>	<p>Positive Affirmations *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p> <p>Motivation *Hybrid* at STAR West Meeting ID: 568-786-5229 Password: Star2</p> <p>Improving Communication *Hybrid* at STAR Central Meeting ID: 931-352-1206 Password: central</p>	<p>Healthy Eating *Hybrid* at STAR East Meeting ID: 698-863-3795 Password: StarEast</p> <p>Weekend Recovery *Hybrid* at STAR West Meeting ID: 675-107-7506 Password: Star2</p> <p>Trivia *Hybrid* at STAR Central Meeting ID: 931-352-1206 Password: central</p>



Weekend Schedule 5/08

Day/Time	Saturday
8:30-9:30 am	Weekend Coffee Talk with Jeff Meeting ID: 988-8126-4026 Password: coffee
9:45-10:45 am	Breakfast & Art with Carolyn Meeting ID: 568-786-5229 Password: Star2
11:00-12:00 pm	Art Therapy with Carolyn Meeting ID: 568-786-5229 Password: Star2
12:15-1:15 pm	Recovery Games with Carolyn Meeting ID: 568-786-5229 Password: Star2
1:30-2:30 pm	The Artist's Way with Carolyn Meeting ID: 568-786-5229 Password: Star2

